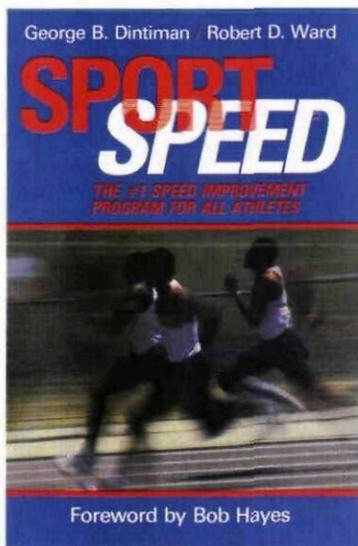


REVIEWS

SPORT SPEED - THE #1 SPEED IMPROVEMENT PROGRAM FOR ALL ATHLETES

By George B. Dintiman and Robert D. Ward

Published in 1988 by Leisure Press, Champaign, Ill.



Contrary to middle and long distance runners, who can choose among a wealth of books on how to train and compete, sprinters have much more difficulty in finding suitable training handbooks.

Sport Speed surely fills a gap here. The authors are well-known experts in the field of sprint training. George B. Dintiman is the President of the National Association of Speed and Explosion (NASE) as well as the editor of the monthly magazine SPORT SPEED. In addition, he is a Professor of Health and

Physical Education at Virginia Commonwealth University. Bob Ward is also a founder of NASE and presently the conditioning coach of the Dallas Cowboys Football Club.

Sport Speed is the result of over 25 years of work with team-sport athletes to improve their speed over short distances. This book describes a holistic 7-step programme to improve speed. Each step takes the athlete to another level of speed that requires a faster rate of operation. The programme in detail:

Step 1 (basic training): Pure strength/muscle endurance. Develops all qualities of human movement to a level that will provide a solid base to build each successive step.

Step 2 (functional strength/power): Explosive movements against medium to heavy resistance (intensity: 55 to 85% maximum).

Step 3: (ballistics): High-speed sending and receiving movements.

Step 4 (plyometrics): Explosive hopping, jumping, bounding, hitting and kicking.

Step 5 (sprint loading): Precision loading at high speed (intensity: 85 to 100% of maximum speed).

Step 6 (sporting speed/speed endurance): Actual participation in the sport or skills involved in the respective sport.

Step 7 (overspeed training): Systematic application of sporting speed that exceeds maximum speed by 10 to 20 % through the use of various training techniques.

Sample workouts are presented for each step telling the athlete exactly what to do. In fact, it seems to be one of

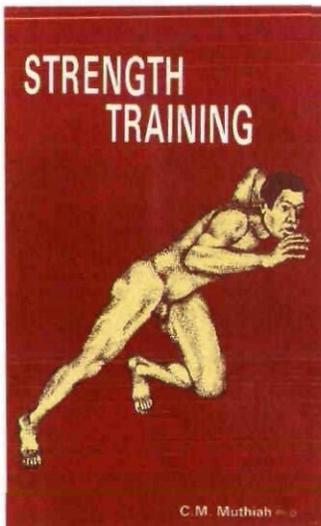
the objectives of this book to make the coach almost superfluous! Furthermore, a record system is included so that the athlete can chart his/her progress.

A chapter on proper sports nutrition - which is the foundation of the 7-step model - clearly describes how athletes can achieve high energy for better performance, gain lean body weight and muscle, and lose fat weight.

Although designed for team athletes, Sport Speed is of high value for track and field athletes. It is an extremely practical book and can help all speed and explosive strength athletes to improve training and performance.

Jürgen Schiffer

STRENGTH TRAINING by Dr C. M. Muthiah



This small book is not really worth reviewing. It is badly written, contains many printing errors and offers nothing new.

The chapters on general theory of strength development are academically pretentious and of no practical value whatsoever. There is much stating of the obvious such as "The effectiveness of neuro-muscular co-ordination is achieved through a better and well co-ordinated work of the muscular system and nervous system" and "Endurance is a less important factor, except in endurance activity".

There is also much gobbledygook or, at least, use of words and phrases which appear to be trying to make some point but never come to any reasonable conclusion, such as:

"activating the muscles is always in a particular system so as to mechanically produce a more efficient strength training."

"Use of muscle force used. The limbs of the body work as LEVERS. A long lever (fore arm) requires more force due to more resistance".

"Production of energy for overcoming resistance is a physiological characteristic."

"There are very few or none of the gold medallists in the power dominated events who are light in weight except in distance races."

The book needs careful revision. Two of the exercises, Sit-ups with straight (stretched) legs, and Trunk Bending Downward with a Jerk are nowadays not recommended.

How can you say, referring to Bent Forward Rowing, that the "same exercise done in the form of a bench press develops on the specific muscles of the chest due to the support of the bench"?!

Many of the illustrations have no reference in the text and serve no useful purpose.

Jim W. Alford